

Full Report (All Nutrients) 09241, Peaches, canned, heavy syrup pack, solids and liquids

Report Date:October 04, 2015 22:12 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices**Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 262g	1 half, with liquid 98g
Proximates						
Water	g	79.28	529	0.063	207.71	77.69
Energy	kcal	74	--	--	194	73
Energy	kJ	310	--	--	812	304
Protein	g	0.45	310	0.004	1.18	0.44
Total lipid (fat)	g	0.10	251	0.003	0.26	0.10
Ash	g	0.24	335	0.004	0.63	0.24
Carbohydrate, by difference	g	19.94	--	--	52.24	19.54
Fiber, total dietary	g	1.3	--	--	3.4	1.3
Sugars, total	g	18.64	--	--	48.84	18.27
Minerals						
Calcium, Ca	mg	3	283	0.061	8	3
Iron, Fe	mg	0.27	316	0.007	0.71	0.26
Magnesium, Mg	mg	5	239	0.062	13	5
Phosphorus, P	mg	11	271	0.109	29	11
Potassium, K	mg	92	311	1.114	241	90
Sodium, Na	mg	6	326	0.152	16	6
Zinc, Zn	mg	0.09	178	0.002	0.24	0.09
Copper, Cu	mg	0.051	178	0.002	0.134	0.050
Manganese, Mn	mg	0.045	54	0.001	0.118	0.044
Selenium, Se	µg	0.3	--	--	0.8	0.3
Fluoride, F 1 2 3 4 5 6	µg	6.8	30	0.371	17.8	6.7
Vitamins						
Vitamin C, total ascorbic acid	mg	2.8	609	0.050	7.3	2.7

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 262g	1 half, with liquid 98g
Thiamin	mg	0.011	273	0.000	0.029	0.011
Riboflavin	mg	0.024	278	0.000	0.063	0.024
Niacin	mg	0.614	323	0.010	1.609	0.602
Pantothenic acid	mg	0.050	--	--	0.131	0.049
Vitamin B-6	mg	0.019	--	--	0.050	0.019
Folate, total	µg	3	3	0.547	8	3
Folic acid	µg	0	--	--	0	0
Folate, food	µg	3	3	0.547	8	3
Folate, DFE	µg	3	--	--	8	3
Choline, total	mg	4.1	--	--	10.7	4.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	17	597	0.297	45	17
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	165	--	--	432	162
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	68	--	--	178	67
Vitamin A, IU	IU	332	597	5.931	870	325
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	61	--	--	160	60
Vitamin E (alpha-tocopherol)	mg	0.49	--	--	1.28	0.48
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1.7	--	--	4.5	1.7
Lipids						
Fatty acids, total saturated	g	0.010	--	--	0.026	0.010
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 262g	1 half, with liquid 98g
16:0	g	0.009	--	--	0.024	0.009
18:0	g	0.001	--	--	0.003	0.001
Fatty acids, total monounsaturated	g	0.035	--	--	0.092	0.034
16:1 undifferentiated	g	0.001	--	--	0.003	0.001
18:1 undifferentiated	g	0.035	--	--	0.092	0.034
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.047	--	--	0.123	0.046
18:2 undifferentiated	g	0.046	--	--	0.121	0.045
18:3 undifferentiated	g	0.001	--	--	0.003	0.001
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.001	--	--	0.003	0.001
Threonine	g	0.018	--	--	0.047	0.018
Isoleucine	g	0.013	--	--	0.034	0.013
Leucine	g	0.026	--	--	0.068	0.025
Lysine	g	0.015	--	--	0.039	0.015
Methionine	g	0.011	--	--	0.029	0.011
Cystine	g	0.004	--	--	0.010	0.004
Phenylalanine	g	0.014	--	--	0.037	0.014
Tyrosine	g	0.012	--	--	0.031	0.012
Valine	g	0.025	--	--	0.066	0.024
Arginine	g	0.012	--	--	0.031	0.012
Histidine	g	0.008	--	--	0.021	0.008
Alanine	g	0.027	--	--	0.071	0.026
Aspartic acid	g	0.076	--	--	0.199	0.074
Glutamic acid	g	0.069	--	--	0.181	0.068
Glycine	g	0.016	--	--	0.042	0.016

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 262g	1 half, with liquid 98g
Proline	g	0.019	--	--	0.050	0.019
Serine	g	0.021	--	--	0.055	0.021
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Stephen Adair, Dennis Leverett, Carol Shields Fluoride Content of School Lunches from Optimally Fluoridated and a Fluoride-Deficient Community, 1991 Journal of Food Composition and Analysis 4 pp.216-226

²Donald Taves Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods, 1983 British Journal of Nutrition 49 pp.295-301

³Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

⁴A. Kingman Unpublished data. NIDR/NIH, 1984, Unpublished data. NIDR/NIH, 1984.

⁵RD Jackson, EJ Brizendine, SA Kelly, R Hinesley, GK Stookey, AJ Dunipace The fluoride content of foods and beverages from negligibly and optimally fluoridated communities., 2002 Community Dental Oral Epidemiology 30 5 pp.382-391

⁶J.D.B. Featherstone, Carol Shields A Study of Fluoride Intake in New York State Residents, New York State Fluoride Analysis Contract - report date 12/1/1988

Langual Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1350 PEACH
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0133 DIVIDED INTO HALVES, QUARTERS OR SEGMENTS
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0136 SUGAR OR SUGAR SYRUP ADDED
- J0123 STERILIZED BY HEAT
- K0012 PACKED IN HEAVILY SWEETENED LIQUID
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0220 NOT DRAINED